Masters 6.4

WU: (900)

6x 150

    2x free

    2x stroke/free

    2x choice

M: (1800)

3x 200 desc. 1-3

1x 100 kick Fast

3x 150 desc. 1-3

2x 75 kick Fast

3x 100 desc. 1-3

1x 200 kick Fast